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\$10,000 grant funding to boost small business health initiatives

Healthier Workplace WA is offering up to ten \$1000 grants to support West Australian small businesses develop and implement a workplace health and wellbeing program.

The grants are designed to provide support to small businesses in WA and show them there are simple and cost-effective ways that help to encourage healthy behaviours at work. While larger businesses have the resources to develop and implement health programs; our experience suggests that small businesses can benefit from a kick-start.

Research shows there are many positive health and productivity outcomes that can be gained for the employers and workers involved in workplace health and wellness initiatives.

Small business PT Powdercoaters and Sandblasting were recipients of the \$1000 grant in April this year and Natasha Trandos, Accounts & Administration Manager said the grant gave us an opportunity to implement a health program for staff and promote sustainable and long term healthy habits in our workplace.

“We were able to update the kitchen with new facilities to encourage staff to prepare healthy meals rather than the alternative quick fix, take-out food option”.

Ms Trandos said sharing and preparing meals together over the past six months has helped comradery develop among staff and has resulted in positive team work in the factory and workflow has also improved.

Healthier Workplace WA Program Manager Ms Emily Davey said healthy workers are up to 29% more productive, can take up to 21% fewer sick days per year and are more likely to be engaged with their work.

“Adopting healthier habits at work can also result in lower rates of obesity and chronic diseases like heart disease and diabetes leading to better outcomes for employees and business”, said Ms Davey.

Successful businesses can use their grant to purchase items such as bike racks, lockers, changing room items, pool bikes, smart riders, vehicle refrigerators, sit-stand work desks, education sessions, healthy activities and fruit boxes to support healthy environments and behaviours in the workplace.

Grant recipients will also receive free one on one support from our expert advisors to plan and implement a program that is tailored to the needs and interests of their employees





Ms Davey said workplaces that provide supportive environments and have policies which allow people to be physically active, quit smoking, reduce alcohol consumption and improve their nutrition see significant benefits for their staff and business.

Visit the Healthier Workplace WA website www.hwwa.com.au to download an application form. Applications close 4pm on 16 November, 2017.

Healthier Workplace WA is provided by the Heart Foundation WA in conjunction with Cancer Council WA in partnership with the State Government through the Department of Health.

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For photo opportunities, interviews or further information, please contact:

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About Healthier Workplace WA (HWWA)

Healthier Workplace WA program has been established to provide many free services to support workplaces across Western Australia to make cultural, environmental and policy changes that support and encourage positive lifestyle behavior changes amongst their employees.

Since launching in 2013, Healthier Workplace WA has helped more than 2500 workplaces across WA from small, medium and large industries, including mining, manufacturing, trades, retail, education and training, transport, local government and finance.

More than 2,600 individuals have engaged with the free service and participated in workshops, online training sessions, one-to-one support, workplace health audits or requested general advice.

For more information or to access this free service and resources, visit the website www.healthierworkplacewa.com.au .

